

- Try not to do anything that will leave a long-lasting mark on the landscape. That includes open fires (carry a camp stove instead), moving large rocks, digging holes, and so on.
- Don't urinate or shower in rivers.
- Never construct dams to create artificial pools in the rivers, you can disturb fish habitat.
- Never dive in the river without checking if it's deep enough and without any obstacles.
- Carry a bag for your rubbish, even for natural rubbish.
- Be careful while smoking, don't leave any butts! Flicked butts can cause fires in the forest!
- Leave no trace! Keep to the path or the marked paths.

Hunting and fishing tourism:

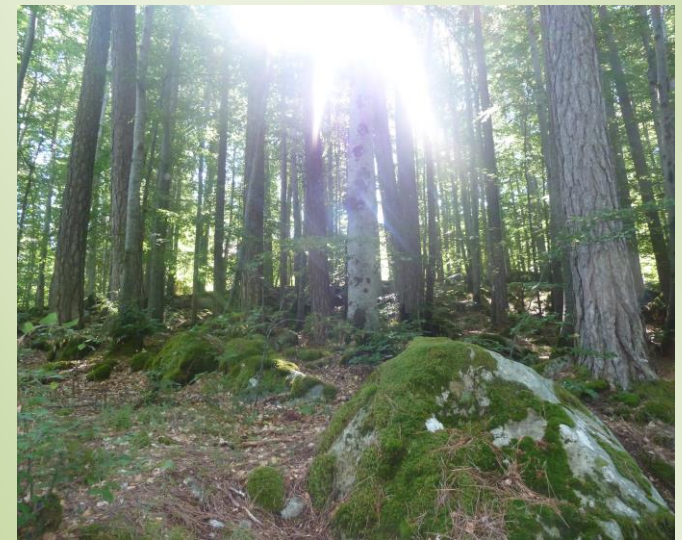
- You should know the regulation concerning fishing:
 - The size of the captured fish.
 - The authorized equipment and license.
 - The place where fishing is prohibited.
- Contact **La Fédération départementale des chasseurs de Haute Corse / de Corse du Sud** to know about hunting regulations, and the **Fédération de la Corse pour la Pêche et la Protection du Milieu Aquatique** for fishing regulations.

Wild camping:

- Be a responsible camper! Use existing campsites when possible.
- Never cut down or damage live trees.
- Place tents on non-vegetated areas. Don't leave any food in unattended tents; wild animals could destroy your tent to get your food.
- Use a stove if possible and if you must have an open fire, keep it small and under control. Pour water on your fire when you leave.
- Take away all your rubbish.
- Wash and brush your teeth at least 200 feet away from lakes and streams. Detergents, toothpaste and soap are a threat to fish and other aquatic life.
- Don't wash your clothes and dishes directly in the river.
- Think about noise pollution!



Responsible tourism in Corsican Mountains and forests:



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Safe walking or hiking:

- Before setting out on a hike, be sure to check the most up-to-date forecast for the area you'll be hiking. The weather can change quickly so don't hesitate to turn back.
- Always tell someone where you are going to and never leave alone.
- When choosing a hike you must consider the length of the path, the average time listed to complete and the path difficulty rating. Length of path stated are all distance for one way.
- For safe hiking, consider your speed of hiking and your physical condition, understand the elevation changes (the number of climbs and descents on the path) and add in time for all the stops you will make to rest or eat and drink.
- Essential things to bring according to the season: appropriate clothing and footwear, a cell phone (you are not guaranteed a signal on the mountain), a map, a whistle, a compass, matches, a first aid kit / a repair kit, a pocket knife, a flashlight or headlight, food and water. Choose your equipment according to your destination, the environment, the duration and difficulty of the hike.
- Temperatures can plummet high up in the peaks!
- Don't forget sunscreen, sunglasses and a cap; sun radiation can affect your skin, and mostly

your eyes. The sun can also give headaches, nausea, fever or excessive fatigue.

- Make sure you bring enough water!
- Watch out for falling rocks.

Bad weather conditions and other dangers:

- There can be avalanches early in the winter.
- Lightning: If a storm hits, spread your group out and keep track of each other so if one person is hit, others can help. Don't shelter under the trees. If you don't have time to get to a lower elevation, squat down to reduce your height and minimize your contact with the earth. Take off your bag pack if it has a metal frame. If you have a foam pad, put it under you.
- Rain can also make leaves on the ground and rocks extremely slippery; and after heavy rains, streams can change from trickles to torrents, making crossings difficult.
- Wind and cold: carry extra warm clothing to avoid hypothermia.
- **Hunting season:** dress in bright colors and call ahead if you have any concerns.

Responsible hiking:

- Walk in silence to avoid scaring the wildlife.
- Don't approach animals you can create stress and make them flee.
- Don't feed them, they mustn't associate humans with food and they can bite you.

- Leave things where you find them, don't pick up rocks or wildflowers...
- Hermann's tortoise is protected by international, European and French regulations. It figures on the list of French protected species, is one of the European priority species and is protected by several conventions. The trade of Hermann's tortoise is prohibited. The keeping is subject to prefectural authorization. It is illegal to remove a tortoise from the wild and bring it home as a pet. Don't handle them you could frighten them.
- Don't introduce new animals in the environment.
- Always pick up your dog's mess and don't leave yours near the path. The best approach for solid waste is to dig a cathole that's 6-8 inches deep. Once you're done, refill the hole and cover it with leaves, needles, or other natural materials.
- Observe dog exclusion zones.
- Don't pick up unknown mushrooms.
- Respect closures and private lands. Closures are sometimes here to reduce the impact of recreational tourism, look for the signs and avoid trespassing on private properties.
- Don't enter or damage ruins you can see while walking. Don't shelter inside because it can be dangerous. Don't write on the walls or leave any messages...